



Vision health tip sheet

- When reading, working or studying, be sure to have good lighting available. Soft background lighting plus a light on your task is optimal. Avoid glares on TVs and other electronic screens.
- Give your eyes regular breaks from detailed work and visually demanding tasks. Remember to blink often and close your eyes to rest if they begin to feel tired or dry. A rule of thumb is the 20/20/20 rule of rest: Every 20 minutes, look about 20 feet away, for 20 seconds.
- Always wear proper eye safety equipment for hazardous tasks such as contact sports, use of chemicals and yardwork. Wear UV-blocking sunglasses to protect your eyes. Too much UV exposure can damage your retina, causing vision loss and raise the risk of cataracts.
- Avoid smoke, and other eye irritants such as dust and debris.
- Get routine eye exams from your eye doctor. Be sure to get an appointment sooner if you notice changes in your vision.
- Eat a well-balanced diet. Different types of fruits and vegetables – especially leafy greens and fish such as tuna, salmon, and halibut – have been shown to help your eye health and help prevent age-related vision problems.

Sources: Healthwise.net, nei.nih.gov